Gettin’ the green
Different eats for athletes
Bean grindin’ all day
Bandits snatch tastebuds

A SPARTAN DAILY SPECIAL ISSUE

Menu

Bandits snatch tastebuds
Different eats for athletes
Bean grindin’ all day
Gettin’ the green

Page 3
Page 7
Page 8
Page 12
When survival in Mexico seemed impossible, one family had no choice but to risk an endame- 
ment journey through the desert and into the United States nearly seven years ago.

Antonio Covantes said he and his wife, Elia, re- 
quested to use pseudonyms out of fear of deporta- 
tion, lived in the countryside working on corn and bean farms, but in the end they saw their way to another 
town to work as lettuce 

collectors.

She said she had to work 

in a woodchipper crate 

while she worked. She 
said she had to work 

in the woodchipper crate 

while she worked. She 
said that as she walked, her 

daug- 

ter would move along with her.

“She sat in the sun all day 

in the box and when she got 

sick of being in the box she would call me,” Elia said. 

When the couple’s daugh- 

ter began to cry, Elia said, they decided they couldn’t 

work there anymore.

“We think it hurt her be- 

cause there were pests,” 

Elia said. “We decided to come here. I wouldn’t 

come here because she was suffering.”

Making the journey

Elia explained that a coy- 

ete is “a person who knows 

the road,” and said they had no choice 

but to hire a coyote to help smuggle them 

across the desert.

“We came through the desert for five days and five 

nights,” Antonio said, 

glancing down at his feet. 

“We said the babies to our 

backs,” Antonio said.

“When there was no 

light from the moon, we 

walked like a blind per-

t.

“We tied the babies to our 

backs,” Antonio said.

“When there was no 

light from the moon, we 

walked like a blind per-

t.

“At this point we wanted to 

have immigration (not take 

us because we couldn’t go on),” 

Antonio said.

Antonio said the only 

way they drank water was 

what they could find along 

the way but once they 

reached Arizona, a fam-

ily invited them into their 

home.

“We went some (American) 

Indians who gave food and 

water to the babies, who were 

nothing but bones,” Antonio said.

“At this point we wanted to 

have immigration (not take 

us because we couldn’t go on),” 

Antonio said.

Arrival

Elia said when they ar-

rived in the Central Valley, 

they were hopeful but felt 

lost.

“We had no money or 

food,” she said.

After connecting with rel-

atives, the family was able to 

borrow enough money to buy 

food and clothe the children, 

according to Elia, and the cou-

ple began looking for work.

The next step, Antonio 

said, was to wait for a man 

who would drive the family 

from Arizona to the Cali-

fornia coastline.

“When there was no 

light from the moon, we 

walked like a blind per-

t.

“We tied the babies to our 

backs,” Antonio said.

“When there was no 

light from the moon, we 

walked like a blind per-

t.

“At this point we wanted to 

have immigration (not take 

us because we couldn’t go on),” 

Antonio said.

“He didn’t want us to stop, 

even at the bathrooms, for one 

full night and a day,” Antonio said.

Elia said she was finally 

able to find a ranch that was 

willng to teach them, but 

they had to promise to work 

there for three years.

“They paid us by the 

box, not by the hour,” she said.

“We were paid $1.50 (per box),” 

Antonio said.

“The boxes held 12 green 

strawberry baskets sold in 

stores.”

Working

Antonio said it took a year 

to learn how to seek out the 

perfect berries and carefully 

stack them in rows that the 

farmowner would find accept-

able.

“It takes 30 minutes to 

fill the box,” he said. “After 

going through this learn-

ing they now pay us $5 an 

hour.”

Elia said they are paid 

an extra $1 per box picked, 

equating to a total of $7 per 

hour, but you have to “work hard” and “have dexter-

ity” to earn that much.

“One of the hardest 

jobs is picking berries that are never perfect,” 

she said.

According to Elia, work-

ers are sent back out if the box 

has “one or two berries that 
don’t post.”

She said sometimes they 

work 12 hours in a day but are 

never paid overtime.

Support

Anton Lopez, executive di-

rector of the Center for Farm-

worker Families, said she 

identified with the stigma of 

being an undocumented citi-

zen because she grew up on an “illegal” farm.

She said her mother is white and her father is Mexi-

can, and in 1945 when she was born, interracial marriages were illegal.

“I was put in an all-white school because my family was 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the 

North American Free Trade 

Agreement went into effect 

1994, tariffs protecting the
Fall in love with mini pumpkin pies

By Tanya Motz and Kellie Miller 

When Mann isn’t busy cooking up a batch of sloppy, gooey grilled cheese sandwiches, you wish she could catch her cooking up a batch of whoopie pie on the roller derby rink in Oakland.

A drawback of the food truck business some people might not realize is that the size of the kitchen the cooks have to work with can fill up in a day. According to Lynch, space is a huge factor when it comes to stocking up a food truck.

"I'll go buy a 40 pound block of cheese and in a day or two it's gone," Lynch said.

Lynch also has to keep a steady customer base. One of his goals was to get people to look past the image of a gross "roach coach" and recognize the healthier restaurant-quality food they offered. To do that, they had to go door to door and ask companies’ permission to serve their food. Lynch said he asked companies’ permission to serve their food.

"People don't come to a food truck to eat healthy," Lynch said. "People don't come to a food truck to eat healthy, but have come to a food truck to eat healthy."

"Lynch said said that having food trucks available in areas such as downtown San Jose is a convenience, especially a grilled cheese sandwich truck for vegans like himself.

"It's like a good way for businesses to expose and get for a variety," she said. "Just something that might not be readily available in my area, so that's always fun."
Andrew Chua, senior management information systems major, chooses his favorite burrito at Iguanas.

**Unwrapped: A guide to downtown San Jose’s best burritos**

Andrew Chua, senior management information systems major, chooses a burrito at Iguanas.

**No one can imitate La Vie’s orange sauce and they shouldn’t try.**

_**La Vie**_ 300 S. 2nd St.
 Regular: $5.25 (cheese, beans, rice, salsa and choice of meat)
 Super: $6.25 (add guacamole, cheese and sour cream)

The spin: My favorite part is the orange sauce. This sauce is nothing to sneeze at and it’s also good on anything — even an old shoe. I never get around to testing this, but I believe it has a flavor of its own. The orange sauce complements the burritos well. With that being said, I don’t think I would ever eat one without the sauce.

Quick tip: A bottle of orange sauce is $6 and really does taste good on anything. Their green sauce is nothing to sneeze at either.

**Lazos**

21 N. 2nd St.
 Regular: $5.25 (cheese, beans, rice, salsa and choice of meat)
 Super: $6.25 (add guacamole, cheese and sour cream)

The spin: A friend once told me that La Vie’s orange sauce was good on anything — even tortilla-rolled miracles. I always wanted to try it, but I never got around to it. I’ve heard that the orange sauce is as good as the green sauce, so why not try both?

Quick tip: There are small items for purchase inside the bakery across the hole-in-the-wall bakery in Angelou’s. This place is a bakery first and a taqueria second.

**Bakery Mexico No. 2**

87 E. Santa Clara St.

The spin: My favorite part about Bakery Mexico No. 2 is that it’s not aesthetically pleasing inside. When you come to Bakery Mexico No. 2, you are greeted by the pleasant smell of freshly baked bread. The glasses with the place name is that it’s not aesthetically pleasing inside. When you come to Bakery Mexico No. 2, you are greeted by the pleasant smell of freshly baked bread.

Quick tip: Grab a dessert — it’s free with your burrito purchase at Bakery Mexico No. 2.
Silicon Valley Restaurant Week offers a culinary experience

According to the SVRW website, participating restaurants will offer a discounted three-course dinner menu each night. They are open for business starting Oct. 16 through Oct. 23.

The participating restaurants' cuisine range from Indian to American to Mexican. Patrons will receive a meal including an appetizer, entrée and dessert. Each customer will get to choose between three options for each course on each menu.

According to its website, SVRW is a way for consumers to support local restaurants and allows restaurants to show their appreciation to local customers. Tessa Terrill is a Spartan Daily staff writer.

Family recipe cooks up tradition

By Kellie Miller @kells21_

Christmas Eve has always been a really special day for me. With my parents divorcing when I was just 2 years old, I was always traded off for holidays, the one exception being Christmas Eve.

Every year, I’ve been able to spend that day with my dad, which especially meant a lot to me before my teenage years because I only got to see him every other weekend.

All of my dad’s life, he went to his Aunt Marilyn’s house for Christmas Eve and kept that tradition going with me and my little brother, Matt. Aunt Marilyn’s house has always been a magical place. It was exciting to pull up in her driveway and see all of the lights twinkling on her porch. I loved to run through her house and count the dozens of snowmen. Her tree was always beautiful with white lights, 49ers ornaments and, of course, more snowmen.

Seeing one another and opening a few gifts was always fun, but one thing that we all spent the night looking forward to was eating Aunt Marilyn’s homemade brownies. Aunt Marilyn has been making her brownies for 45 years. One of her clients brought in a batch to her beauty salon and she insisted she had to get the recipe because they were irresistible. Once our family had a taste of them, they became part of our Christmas Eve tradition.

Seeing Aunt Marilyn and enjoying her brownies are truly what make Christmas Eve so special. Kellie Miller is a Spartan Daily staff writer.
Sports drinks: The truth about their effectiveness

By Juan Reyes

do sport drinks have any role in physical training or activity. The final product is Gatorade Recover 03 and according to the fact sheet, “Gatorade Prime 01 is a pre-game and post-game drink designed to help kick-start activity by making carbohydrates quickly available for muscle action.”

Gatorade Perform 02 is essential to muscle needs, Brown said. “The body needs sugars and carbohydrates in order to fuel exercise but water alone doesn’t do it.”

However, he does agree with Brown and the fact that sports drinks offer what water doesn’t have, but doubts that company tends to overplay their benefits and undersell the drawbacks. “One of the troubles we find in sports drinks is that the amount of sugar content often outweighs the health benefit that you might get from it,” he said. “Research is fairly inconclusive on the effectiveness of sports drinks, almost all companies now, especially companies involved in sports markets things on their own market research.”

This means that companies such as Gatorade aren’t actually doing scientific studies and can expose or hide what details they want in their marketing that popularized and slogans in the history of sport’s nutrition food science packaging lecturer.

“Drinks like Gatorade I think work,” she said. “I know it has the electrolytes after you work out a lot and personally I drink Gatorade a lot during the summer because I work out all day. I don’t feel a quick effect, but I know that it has a lasting effect as you go on.”

Reuben Soto has been an SJSU facility worker for 19 years and said that the product is more of a marketing scheme for Gatorade, but Brown said that these pre and post-game enhancing products may in fact help with any specific calories, carbohydrates and sugars the body needs in order to keep performing at a high level. “Athletes do have different needs depending on where they are relative to their exercise,” she said. “They need to have something in their bodies before exercise.”

In order to keep energy stored and at a constant level, Brown said that athletes need carbohydrates and water. “It sounds like another profit-making scheme for Gatorade, but Brown said that these pre and post-game enhancing products may in fact help with any specific calories, carbohydrates and sugars the body needs in order to keep performing at a high level.”

According to a company fact sheet, “Gatorade Prime 01 is a pre-game or pre-game fuel with 25 grams of carbohydrates in a small four-ounce pouch and it helps kick-start activity by making carbohydrates quickly available for muscle action.”

Invest in sports drinks continue to be a trend, but when it gets to the product itself, it can be quite misleading. “I think they work to a certain extent,” he said. “I drink Gatorade a lot of the times when I’m working outdoors and it does give me a little more energy, but I feel a lot better after than when I’m working outdoors.”

Amanda Tsukamoto, a junior at SJSU, is a firm believer of sports drinks. “I think they work to a certain extent,” she said. “I drink Gatorade about the only thing I drink.”

Brown and the fact that sports drinks offer what water doesn’t have, but doubts that company tends to overplay their benefits and undersell the drawbacks. “One of the troubles we find in sports drinks is that the amount of sugar content often outweighs any of the health benefit that you might get from it,” he said. “Research is fairly inconclusive on the effectiveness of sports drinks, almost all companies now, especially companies involved in sports markets things on their own market research.”

This means that companies such as Gatorade aren’t actually doing scientific studies and can expose or hide what details they want in their marketing that popularized and slogans in the history of sport’s nutrition food science packaging lecturer.

“Drinks like Gatorade I think work,” she said. “I know it has the electrolytes after you work out a lot and personally I drink Gatorade a lot during the summer because I work out all day. I don’t feel a quick effect, but I know that it has a lasting effect as you go on.”

Reuben Soto has been an SJSU facility worker for 19 years and said that the product is more of a marketing scheme for Gatorade, but Brown said that these pre and post-game enhancing products may in fact help with any specific calories, carbohydrates and sugars the body needs in order to keep performing at a high level. “Athletes do have different needs depending on where they are relative to their exercise,” she said. “They need to have something in their bodies before exercise.”

In order to keep energy stored and at a constant level, Brown said...
Athletes are what they eat

By Samantha Mendoza

Nutrition plays a key role in athletic performance, providing the nutrients necessary for athletes to compete. Maintaining a well-balanced diet contributes to athletes’ ability to endure a strenuous workout.

“A diet can be defined as anything someone eats,” said Lisa Brown, a nutrition science and packaging lecturer at SJSU. “The way we define a healthy diet would be one that’s balanced in terms of eating from a lot of different food groups, but also eating many foods from within the same food group.”

Brown said it’s important for athletes to pay attention to their diet and make sure they get enough macronutrients (carbohydrates, proteins, and fats) they need to maintain their strength.

“The way we talk about it in the nutrition world is a proportionality,” Brown said. “Choose My Plate initiative by the U.S. Department of Agriculture is a pretty good description of proportionality.”

ChooseMyPlate.gov is an initiative by the U.S. Department of Agriculture as a resource to help people make good dietary choices. Brown said athletes, athletes eating 8,000 calories a day, would have a much bigger plate than even an everyday person.

“However, different athletes will adjust their meals depending on the sport they play. "The nature of sports can be very different, therefore the nature of the diet has to be very different to meet their needs," Brown said. "A gymnast doesn’t eat like a cross-country runner. The amount of protein will be bigger for the cross-country runner than the gymnast.""

James Fonda, head coach of the SJSU rugby team, said he recommends his athletes eat a big meal three hours before a game to store plenty of energy.

"You could definitely see the players who are eating correctly and the players who are not," Fonda said. "They’re sluggish and eating too much and eating late."

According to Fonda, the athletes who have eaten throughout a game have planned their meals.

Fonda encourages athletes to eat Mexican food to replenish their energy because of the high amounts of carbohydrates, proteins and fats. Rugby matches usually begin at 1 p.m., so Fonda highly recommends his athletes have their last big meal before 9 a.m. according to Fonda, not eating too much after a game.

"There is a plethora of misinformation out there online, but good resources would be Layne Norton’s videos, professionally trained dietitians, and some National Academy of Sports Sciences (NASM) and American College of Sports Medicine (ACSM) certified trainers who know enough to consult their clients,” said Ilyssa Russ, a graduate student in (the) nutrition world is a provisionality. "The way we talk about it in the nutrition world is a proportionality,” Brown said. “Choose My Plate initiative by the U.S. Department of Agriculture is a pretty good description of proportionality.”

According to Fonda, not many athletes know the facts because they cost money. "They tend to not go to dieticians therefore, " Brown said. "In high schools, we have dieticians, but good resources would be Layne Norton’s videos, professionally trained dietitians, and some National Academy of Sports Sciences (NASM) and American College of Sports Medicine (ACSM) certified trainers who know enough to consult their clients,” said Ilyssa Russ, a graduate student in English.

Russ is an athlete on the club sports powerlifting team. "Powerlifting focuses on the ‘big three’ movements – bench, squat, deadlift,” Russ said. "We call them ‘compound movements’ because they utilize (and often demand) multiple parts of the body at the same time.”

"Russ said powerlifters are burning massive amounts of calories in the gym and it’s important for athletes to feed their bodies and keep their hearts, muscles, joints, ligaments and tendons healthy through proper nutrition. "It’s also important for us to watch our diet because what we eat directly reflects what we put out in training," Russ said. "The saying is generally ‘ Eat to grow’ and the same holds for increasing our lifting numbers.”

According to Russ, it’s possible to get stronger and reach a heavier weight over time if a deficit is created by weight training, the said athlete lift more when they eat more.

Russ said the MyFitnessPal application is a resource for her. Available in the App Store and Google Play Store, MyFitnessPal is a way for smartphone users to track calories, set goals and record daily food intake. "I’ve learned everything I know currently through a year of research and parents who work in pharmaceutical and health sciences,” Russ said. "The best role of these, though, is to keep it simple.”

According to Russ, a calorie is a calorie. If athletes burn more calories than they consume, they will lose weight. If athletes consume more calories than they burn, they will gain weight.

"Don’t believe the hype pseudoscience – especially cleansers,” Russ said. "Don’t think that ’eating clean’ aka only fruits and veggies will guarantee that you’ll be healthy. Don’t starve yourself – eat a healthy deficit if you want to lose weight.”

City of Hope is a sponsor of the College Leadership Tour which is campus October 17 from 12:00 – 5:00 so please stop by to learn opportunities with our organization. For 100 years, City of Hope has been a community of people characterized by our diversity of thought, background and cures cityofhope.org/careers
Coffee lovers drink their fix

By Tiffany Gerami
gtiffanyg@sanjosestate.edu

While jogging school, work or extracurricular activities, it may be hard for most students to get their fix of coffee.

Coffee is a common solution for a quick pick-me-up to start the day. For some, it’s the only thing they need to quench their coffee cravings. “I come to Starbucks every morning to get my coffee,” said graduate student in urban and regional planning, Cayla Molina. “I usually make my coffee at home, but whenever I need to get coffee on the go, I always go to Philz,” Molina said.

Customer service is important for any food business, and according to Kristin Leung, a junior business management major, Philz provides a high level of customer service.

“I think SJSU definitely gets the job done when it comes to availability of coffee,” said Tiffany Gerami, a Spartan Daily staff writer.

Vegetarians and vegans declare no meat no problem

By Krissi Mlynek

Vegetarian and vegan diets have their differences, but according to vegans and vegetarians in SJSU, both can have beneficial effects on your health.

Ryan Summers, owner of Good Karma Vegan Cafe in downtown San Jose and SJSU’s Market at 20 Newark, says vegans “don’t consume or purchase or interact with any animal products and their diet consists of fruits, vegetables, grains, legumes, nuts and seeds. Some products such as honey and yeast can be consumed in a vegan diet, according to Summers.

Some students such as Tiffany Gerami are more open to trying new foods, locally grown vegetables, locally grown meat, vegan and vegetarian diets. "I’m a pretty open-minded person; I’d try anything once," she said. "I think that everybody should just do what they think is right for them. If you’re never going to eat meat, that’s fine. If you do eat meat and you think it’s okay for you, then great. It’s not going to hurt you," she said.

Some students such as Tiffany Gerami are more open to trying new foods, locally grown vegetables, locally grown meat, vegan and vegetarian diets. "I’m a pretty open-minded person; I’d try anything once," she said. "I think that everybody should just do what they think is right for them. If you’re never going to eat meat, that’s fine. If you do eat meat and you think it’s okay for you, then great. It’s not going to hurt you," she said.

Some students such as Tiffany Gerami are more open to trying new foods, locally grown vegetables, locally grown meat, vegan and vegetarian diets. "I’m a pretty open-minded person; I’d try anything once," she said. "I think that everybody should just do what they think is right for them. If you’re never going to eat meat, that’s fine. If you do eat meat and you think it’s okay for you, then great. It’s not going to hurt you," she said.

Some students such as Tiffany Gerami are more open to trying new foods, locally grown vegetables, locally grown meat, vegan and vegetarian diets. "I’m a pretty open-minded person; I’d try anything once," she said. "I think that everybody should just do what they think is right for them. If you’re never going to eat meat, that’s fine. If you do eat meat and you think it’s okay for you, then great. It’s not going to hurt you," she said.
The high price of take-out meals

Thursday, October 17, 2013 Spartan Daily

By Laura Nguyen g/Laura Nguyen

Out of sight, out of mind

The food industry makes food and wastes food. Spartan Shops, which covers all student dining on campus, is taking steps to target and reduce food waste.

"Last year, students eating in the Dining Commons left 525 pounds of food on their plates, which translates to 114 days of food supply," said Jeff Pauley, director of Dining Services.

Pauley is responsible for all the food operations on campus, including retail eateries such as, but not limited to, the Student Union food court, OnFourth: A Novel Cafe and the Village Market, the Dining Commons and Spartan Catering.

Adam Filipp, the Spartan Shops sustainability coordinator and senior environmental studies major, started implementing waste audits due to the amount of food wasted. He said they do this because students often leave food on their plates.

"It's something that we're very serious about," Filipp said. "The biggest single source of waste is food at the Dinning Commons. It gets converted to compost." Filipp is working with Just Below, a food waste reduction campaign, on campus statistics as more data is collected this year.

Every year a new crop of students fills the commons, but the realization of the food waste isn't recognized or valued, according to Filipp.

"We told them if we were to calculate food waste from 3,000 people, we would have 118 tons of food annually," he said. "That's the same thing as saying we're throwing 118 cars into the landfill."

Pauley said that 800 people purchased fluctuates, said Bryman Noyes, a junior communicative disorders major, cited price as one reason to order food from off-campus.

"It's very convenient," he said. "It's more health nutrition major dining in the Student Union food court, said Filipp. "If we didn't have to purchase that, it's the same thing as saying we're throwing a 50-pound box of food into the landfill."

Students who eat in the Dining Commons have more choices than the Student Union food court, and it is where a food waste prevention campaign, Food waste audits, will be implemented on campus with public service announcements using branding statistics and will be narrowed to more relevant data as more information is available.

Filipp said, will be implemented on campus with public service announcements using branding statistics and will be narrowed to more relevant data as more information is available.

"It's a very out-of-site, out-of-mind type of thing," Filipp said. However, Noyes said, a sophomore business administration major in the Student Union food court, said students aren't aware of the values of food.

"If you waste food, you waste your parents' money," he said. Waste is our enemy

According to Pauley, the Dining Commons has more choices than the Student Union food court, and it is where a food waste prevention campaign, Food waste audits, will be implemented on campus with public service announcements using branding statistics and will be narrowed to more relevant data as more information is available.

"We have no choice in how we run our business," he said. "We have to make sure we're able to bring from home and still offered at the price of their food."

Pauley said a Platinum seven-day week meal plan costs $2,100 per semester, and students from falling prey to the lure of restaurant flavors for a fraction of the price of their food. For example, Panda Express entrees must be thrown out after a certain amount of time by its guidelines, but it's harder to control waste in franchise because we have to follow their rules, she said.

"It's very important to keep track of food," Pauley said. "We keep track of food so students can't eat food past its food sell-by dates and expiration dates, which are mislabeled, Pauley said."

"By sell by are just guidelines, they're not mandatory for us," she said. "It's a week or two after depending on the product."

Donating and repurposing

"Emergency Housing Consortium receives a lot more food than what students donate to restaurants," he said. "We donate bread, pastries and sometimes packaged items such as chips.

"The lunch special is all-you-can-eat, so whatever food was still on the menu, they get reduced prices."

Food waste guidelines

A food waste reduction campaign, Food waste audits, is taking steps to target and reduce food waste.

"It's something that we're very serious about," Filipp said. "The biggest single source of waste is food at the Dinning Commons. It gets converted to compost."

Filipp is working with Just Below, a food waste reduction campaign, on campus statistics as more data is collected this year.

Food Waste Audit Dining Lunchrooms, Oct. 9

<table>
<thead>
<tr>
<th>Bin</th>
<th>Contents</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Meat, seafood, dairy</td>
<td>9.4</td>
</tr>
<tr>
<td>2</td>
<td>Fruits</td>
<td>37.8</td>
</tr>
<tr>
<td>3</td>
<td>Processed grains</td>
<td>24.3</td>
</tr>
<tr>
<td>4</td>
<td>Non-food waste</td>
<td>28.4</td>
</tr>
</tbody>
</table>

Every year a new crop of students fills the commons, but the realization of the food waste isn't recognized or valued, according to Filipp.

"They have good options and a good variety of food," said Silvia Maciel, a junior business administration major in the Student Union food court. "The lunch special is all-you-can-eat, so whatever food was still on the menu, they get reduced prices."

Smith said that one of the best menu items is the grilled cheese sandwich, something customers wouldn't be able to bring from home and still offered at the price of their food.

Other students, such as Alecia Morales, a junior communicative disorders and sciences major, said the food looks nice on the menu, but when it gets to you, it's not as nice anymore.

"I don’t really like anything here," she said. "I think that’s why it’s so expensive and it’s the same thing all the time."

Michelle Nguyen, a junior food science and nutrition major, said she has never been to the Panda Express in the food court because it's too expensive for her.

"It's very convenient," he said. "It's a very cute place for students." Abraham Carrillo, a junior computer engineering major, cited price as one reason to order food from off-campus.

"The lunch special is all-you-can-eat, so whatever food was still on the menu, they get reduced prices."

"It's the same thing all the time," he said. "I don’t really like anything here," she said. "It's too expensive and it's the same thing all the time."

"I don’t really like anything here," she said. "It's too expensive and it's the same thing all the time."
Food obsession and a society based on looks don’t mix well

With the magical, winged age of 30 reaching its ugly head last year, I decided to make a change and lose 50 pounds, but I found that didn’t make much of a difference in my self-esteem.

One after another, I saw my friends complain about being old, and generally unattractive as they hit the midpoint age of 30. I thought that, at the very least, I could lose enough weight to feel good about myself.

My mom said she remembers me putting on my face in my dinner plate often as a toddler. I just wanted more. Spinach and broccoli were my enemies and I cried as I denied myself gustatory pleasures like pizza and chocolate.

"Boy, were you ever fat before!" I cried at the sight of my scale that I didn’t notice when my blood pressure was down significantly. My mind fills with self-loathing.

And coupled with the food obsession, I just couldn’t love my body—no matter what. Any program I set on diet with little monetary or psychological investment was just making me sad all of the time.

It’s not that I have an eating disorder, but definitely a dysfunction characterized by a “preoccupation with an imagined deficit” in their self-esteem.

The more I try to balance my diet and remember that no one is perfect, the unhappier I become. I can have a full plate of greens with chicken and a salad and I still feel bad for myself. It makes me feel inadequate—no matter how well-intentioned they may be.

"Spartan & Friends" usually appears every first and third Monday of the month. Leeta-Rose Ballester is a Spartan Daily staff writer.
All right, all right, you've won, we get it.

Want to hear a joke? "How do you know if you're a vegan? Don't worry, they'll tell you." The joke is a little hackneyed, but it brings up a good point. Why can't we enjoy a little lightheartedness and nuance when coming across veganism without feeling like they have to bring it down to the level of a joke?

For those of you who may not know, the line of distinction between vegan and vegetarian is defined by not consuming meat or seafood. The vegetarian vs. vegan debate rages on and on about animal products, most notably dairy, eggs and honey. This debate may be incomparable to not eating meat, but it has the same fundamental problem as eating meat. In addition, we are not just considering what we eat but also the conditions under which it was produced and what these conditions mean for the wellbeing of the animals involved.

When I was a kid, I used to think the whole debate was silly. I loved eating meat and dairy and I just thought that meat and dairy were natural parts of a healthy diet. To be honest, I was a bit of a meat and dairy fiend. I thought that being a vegetarian just meant that you had a skinny body and you couldn't have any fun.

I've had the chance to spend some time in both vegan and vegetarian communities and they are vastly different. To be honest, I think that there is a bit of a stigma attached to being vegan and vegetarian. I think that many people who are vegan or vegetarian feel the need to belittle people who eat meat or dairy. The truth is, neither generation is necessarily right or wrong. It's just a matter of personal choice.

I'm all for education and opening other people's eyes to new possibilities, especially if it can help the Earth without being a pretentious asshole? Does making these dietary changes really make you feel the need to belittle people who choose to eat meat or dairy? And forget about a beer – because of the health and environmental benefits, and that's why I'm all for education and opening other people's eyes to new possibilities, especially if it can help the Earth without being a pretentious asshole?

There's no real need to kid in the clothes you wear and the way you talk, right? If you choose to be a vegan, you can still enjoy a delicious barbeque dinner. You can still wear your favorite jeans and not worry about them being made in sweatshops. You can still enjoy a delicious meal from a vegan restaurant. You can still enjoy the good things in life without being a pretentious asshole. Does making these dietary changes really make you feel the need to belittle people who choose to eat meat or dairy? And forget about a beer – because of the health and environmental benefits, and that's why I'm all for education and opening other people's eyes to new possibilities, especially if it can help the Earth without being a pretentious asshole? Does making these dietary changes really make you feel the need to belittle people who choose to eat meat or dairy? And forget about a beer – because of the health and environmental benefits, and that's why I'm all for education and opening other people's eyes to new possibilities, especially if it can help the Earth without being a pretentious asshole?

The truth is, neither generation is necessarily right or wrong. It's just a matter of personal choice. I think that many people who are vegan or vegetarian feel the need to belittle people who choose to eat meat or dairy. The truth is, neither generation is necessarily right or wrong. It's just a matter of personal choice. I think that many people who are vegan or vegetarian feel the need to belittle people who choose to eat meat or dairy. The truth is, neither generation is necessarily right or wrong. It's just a matter of personal choice.
The planter boxes were placed last fall, Rios said. Garden to Table, a non-profit organization that thrives on urban agriculture projects in central San Jose for low-income families, put the boxes in the complex, according to executive director Zach Lewis.

Beginnings
Garden to Table began as a CommUniverCity project, said Deyse Sanabria, CommUniverCity executive director.

CommUniverCity’s mission is to build community by engaging residents and students in service learning projects that accomplish neighborhood-driven goals, according to the organization’s website.

Programs
Since Garden to Table’s beginning, the organization has picked 25,000 pounds of fruit and donated it to local food pantries in San Jose.

Staff and community members glean fruit from people’s yards who allow them to collect it, Lewis said.

“If you could cut that fruit would be wasted if we weren’t picking it,” Lewis said.

Garden to Table also runs a program to bring free fresh produce and teach how to grow organic vegetables to San Jose’s lowest income families.

“The grant money support from Lewis Agriculture will run out in December,” Salazar said. “He said the garden doesn’t just provide produce for the community, but is also an educational tool for the neighborhood.

“The urban farm is working on becoming self-sustaining by creating an urban farm in downtown San Jose, according to Lewis.

“We believe we can generate enough revenue to sustain the whole organization,” Lewis said.

According to Lewis, the one-acre farm will be at a campus behind his Chase bank on West Taylor and North San Pedro Streets.

“We’ll have aquaponics set up to raise fish, we’ll have honey, we’ll have chickens, we’ll do sprouts, mushrooms, homestead vegetables,” Lewis said.

Garden to Table also in- stalls fish tanks such as the ones at Rios’ apartment complex.

“Zach came to our door step, I guess, and he presented to us that we can do this in our community, so we just went on ahead and did it,” Lewis said.

Rios said the garden doesn’t make room for kale.

“It’s something good to look at,” he said. “Something beautiful to the neighborhood, but is also aesthetically pleasing to the neighbors, and expensive to produce. We’re just beginning to make room for kale.

Rios said he didn’t know how much revenue to sustain the whole organization,” Lewis said.

According to Lewis, the one-acre farm will be at a location behind his Chase bank on West Taylor and North San Pedro Streets.

“We’ll have aquaponics set up to raise fish...we’ll have honey, we’ll have chickens, we’ll do sprouts, mushrooms, homestead vegetables,” Lewis said.

Rios said some of his favorite plants have been tomatoes, chard, spinach, carrots and Brussels sprouts—his favorite, however, is kale.

“You could eat it raw and it’s very good,” he said. “Y ou could eat that raw and it’s very good,” Lewis said.

Rios and his community have now had the planter boxes for a year.

“Zach came to our door step, I guess, and he presented to us that we can do this in our community, so we just went on ahead and did it,” Lewis said.

“We believe we can generate enough revenue to sustain the whole organization,” Lewis said.

According to Lewis, the one-acre farm will be at a campus behind his Chase bank on West Taylor and North San Pedro Streets.

“We’ll have aquaponics set up to raise fish...we’ll have honey, we’ll have chickens, we’ll do sprouts, mushrooms, homestead vegetables,” Lewis said.

Rios said he hopes the first stage of the farm will be completed by the end of October.

The Garden to Table staff and community members will begin working on the farm Oct. 19.

“Sometimes I’ll sit out here, just watch it, sit in the dark at night,” Rios said. “Sometimes I’ll just come out and, to be by some green stuff, you know.”

Becoming sustainable
The grant money supporting Garden to Table will run out in December, Salazar said. Garden to Table is working on becoming self-sustaining by creating an urban farm in downtown San Jose, according to Lewis.

“We believe we can generate enough revenue to sustain the whole organization,” Lewis said.

According to Lewis, the one-acre farm will be at a campus behind his Chase bank on West Taylor and North San Pedro Streets.

“We’ll have aquaponics set up to raise fish...we’ll have honey, we’ll have chickens, we’ll do sprouts, mushrooms, homestead vegetables,” Lewis said.

Rios said he hopes the first stage of the farm will be completed by the end of October.

The Garden to Table staff and community members will begin working on the farm Oct. 19.

“Sometimes I’ll sit out here, just watch it, sit in the dark at night,” Rios said. “Sometimes I’ll just come out and, to be by some green stuff, you know.”

Becoming sustainable
The grant money supporting Garden to Table will run out in December, Salazar said. Garden to Table is working on becoming self-sustaining by creating an urban farm in downtown San Jose, according to Lewis.

“We believe we can generate enough revenue to sustain the whole organization,” Lewis said.

According to Lewis, the one-acre farm will be at a campus behind his Chase bank on West Taylor and North San Pedro Streets.

“We’ll have aquaponics set up to raise fish...we’ll have honey, we’ll have chickens, we’ll do sprouts, mushrooms, homestead vegetables,” Lewis said.

Rios said he hopes the first stage of the farm will be completed by the end of October.

The Garden to Table staff and community members will begin working on the farm Oct. 19.

“Sometimes I’ll sit out here, just watch it, sit in the dark at night,” Rios said. “Sometimes I’ll just come out and, to be by some green stuff, you know.”

Becoming sustainable
The grant money supporting Garden to Table will run out in December, Salazar said. Garden to Table is working on becoming self-sustaining by creating an urban farm in downtown San Jose, according to Lewis.

“We believe we can generate enough revenue to sustain the whole organization,” Lewis said.

According to Lewis, the one-acre farm will be at a campus behind his Chase bank on West Taylor and North San Pedro Streets.

“We’ll have aquaponics set up to raise fish...we’ll have honey, we’ll have chickens, we’ll do sprouts, mushrooms, homestead vegetables,” Lewis said.

Rios said he hopes the first stage of the farm will be completed by the end of October.

The Garden to Table staff and community members will begin working on the farm Oct. 19.